

# What's Happening?

A NEWSLETTER

FOR THE MAINE MEDICAL CENTER FAMILY

## MMC Library named Library of the Month

Maine Medical Center's Library has been named Library of the Month for September by the Southern Maine District.

According to Shirley Helfrich, District Consultant for Maine State Libraries, the library of the month program was established in 2001 to share information about the 300 libraries located in the Southern Maine Library District. Helfrich says that medical libraries deserve special attention. "Medical libraries are special but people are not very knowledgeable about them," she said.

The MMC Library was established around 1896 when it was first mentioned in the 26<sup>th</sup> Annual Report of the Maine General Hospital. Since then, the Library and its collections have

grown significantly: In 1946, the Library subscribed to 12 journals, while today there are 465 print journals in its collection, along with 5,431 monographs, 10,560 bound serials, 93 e-books and 242 e-journals. During recent renovations, new public-access computers were added and old computers were replaced with new workstations.

According to Janet Cowen, Director of the MMC Library, while the printed materials are important to the Library, it is striving to become an electronic resource to MMC doctors and staff. "We're making it easier for people to access our services and resources when it's inconvenient to come to the

LIBRARY, SEE PAGE 4

## MMC honored for commitment to clinical education

Maine Medical Center was one of the first honorees at the Southern Maine Community College's (SMCC) first annual Entrepreneurial Awards Dinner held in late May.

Continuing its commitment to the community and to higher education, MMC for years has provided clinical education for health science students at SMCC. MMC also serves as a resource for expert faculty and employees who not only teach, but serve on health science program advisory committees.

SMCC students receive clinical training at MMC in the nursing, respiratory therapy, cardiovascular, radiography, radiation therapy, paramedic, and dietary technology disciplines.

The SMCC Partner Award recognizes the Medical Center's significant contributions to the college and the close partnership between the institutions.

The awards ceremony also served as a fundraiser for the college's entrepreneurial/business ownership training and assistance center, which will support students who plan to open their own businesses following graduation. The center hopes to become a model for other New England colleges and universities while helping the local economy by increasing the success of emerging businesses.

## New fellowship focuses on geriatrics

The Division of Geriatrics Fellowship Program at MMC began July 1. David Scotton, MD, is the program's Director.

"We are excited about this program beginning here. There is a need nationwide for specialty trained geriatric physicians, with only 387 fellows trained in 2003," says Dr. Scotton. Educational experiences include hospitalized care of geriatric patients, the Outpatient Geriatrics Assessment Center, Inpatient and Outpatient Geropsychiatry, long-term care at the Maine Veterans Home, Acute Rehab at New England Rehabilitation Hospital of Portland, assisted living at Piper Shores, and office practice in neurology and geriatrics.

"We appreciate the enthusiasm and commitment of our geriatrics faculty members who include Geropsychiatrists Ronald Bailyn and John Campbell, Geriatricians Mark Braun,



Richard T. Marino, Jr.

Christine Freme, James Harper, and Heidi Wierman, Neurologist Seth Kolkin, and Psychiatrist Elissa Charbonneau," says Joel Botler, MD, Geriatrics Division Director.

The Division of Geriatrics is pleased to welcome Richard T. Marino, Jr., MD,

FELLOWSHIP, SEE PAGE 6



## Mindfulness-Based Stress Reduction Program

**Sept. 30 – Nov. 18**

The Department of Family Practice is again offering the Mindfulness-Based Stress Reduction Program. This highly successful eight-week program will take place Thursday evenings from 1730 – 1900 hours, September 30 through November 18. This program can help you work with stress, pain, or illness and learn to take charge of your life.

Instructors Judith Moll, LCSW, and Nan Murphy, RN, BSN, are graduates of the professional internship program of the University of Massachusetts Medical School's Mindfulness-Based Stress Reduction Program, founded by Jon Kabot-Zinn in 1978.

Classes will meet at the Family Practice Center, 272 Congress Street in Portland. An individual interview is required prior to participation in the program. To enroll or for more information, please contact Penny Savage at 662-7402 or [savagp@mmc.org](mailto:savagp@mmc.org)

## CNA instructors needed

Portland Adult Education has openings for CNA Instructors for a 150-hour, State-approved CNA course. Responsibilities include interviewing potential students and classroom and clinical instruction. This is a per diem position teaching day and evening classes, three days a week. Applicants must be RNs and need some teaching experience and excellent organizational and communication skills. Salary is \$22.00 per hour. Contact Gail Senese at 874-8160.

## Caring for kids at the Festival of Nations

On July 31, 2004, at Deering Oaks Park, Maine Medical Center staff joined the Second Annual Greater Portland Festival of Nations to help promote understanding and appreciation for all of the diverse groups in Maine. Many of Maine's ethnic communities were represented, sharing their cultures through music, food, displays, crafts, and cultural enrichment at an international bazaar.

MMC employees coordinated and hosted the Pediatric Health Care Resource Tent at the festival. Visitors to the tent found:

Sun Safety: Sunscreen and bottled water giveaways

Tooth Booth: Tooth Fairy with demon-

stration and toothbrush giveaways

Nutrition: Displays and handouts

Poison Control: Displays and informational brochures

Displays of healthcare resources at MMC

Injury Prevention: Summer safety information and car seat safety demonstration

AH! Asthma Health Program: Displays, demo devices, and models

The festival was sponsored by Women In Need, Inc, City of Portland, Friends of Deering Oaks Park, University of Southern Maine, Maine Medical Center, Fleet Bank, Portland

Phoenix, PIP printing, Barber Foods, Soapbox Design and Shaws.

### The Alexander Cairns Symposium

#### Spirituality and Health: The Forgotten Dimension



Wednesday, October 27  
Dana Center Auditorium  
0800 - 1200 hours

Cairns Symposium to host  
George Washington University Speaker

What's the difference between spirituality and religion? Can a closer attention to spiritual beliefs/values actually improve patients' health outcomes? How can I use my own "presence" as an opportunity for another's healing?

These and other topics will be the focus of this year's annual Cairns Symposium, "Spirituality and Health: The Forgotten Dimension". Dr. Christina Puchalski, Founder and Director of The George Washington Institute for Spirituality and Health (GWish), will be the keynote presenter. In this position, her leadership has impacted professional education and patient care at the national and international level.

At 10:30 a.m. an interdisciplinary panel of MMC caregivers will respond to questions from the audience and discuss their appreciation of spirituality's role in their own professional lives.

This event held each year in honor of the late Rev. Dr. Alexander Cairns, former director of Pastoral Services, seeks to spotlight issues relevant to patient care, spirituality, and clinical ethics. Most importantly, it provides a forum for those in the healing professions to learn from each other's perspective and build bridges that enhance compassionate caregiving.

*For more information, contact the Pastoral Care Office, 662-2951.*



## Experienced RNs now "Red Hot" Employee Referral bonus status!

Experienced RNs (RNs with three or more years of experience) have been designated as "Red Hot" status for employee referrals. A \$2,500 bonus will be paid to any MMC employee who submits an eligible referral for someone subsequently hired as a full time RN. This "Red Hot" promotion is in effect for eligible referrals received between September 1 and October 1, 2004.

For a referral to be considered eligible, an orange Employee Referral form must be completed and submitted to the Employment department\*. It must be received prior to, or along with, the referred candidate's application. Any referral form submitted after a candidate's application has been received will be ineligible for the bonus. Referral forms can be picked up in either the main Human Resources Reception office, or at the Employment department's reception desk.

If an eligibly referred candidate is hired as a regular full-time employee, the employee who submitted the referral will be paid the \$2,500 bonus in two installments: \$1,250 upon the candidate's hiring, and \$1,250 after the candidate has been employed for six months.

If you have any questions regarding the Employee Referral Program, please feel free to call the Employment Department at 662-3842.

*\*Please consult the Employee Referral Program Policy for full details regarding referral eligibility.*

## New on Intranet

Need to find something quickly on the employee Intranet? Or can't find what you're looking for? The new Search feature can help! Go to: [my.mmc.org](http://my.mmc.org), and go to the Search box, located in the upper right hand corner of the page. Type in your item and hit submit. The results will show instantaneously.

## Trockman named director of SMRRC

Steven Trockman has been named director of the Southern Maine Regional Resource Center (SMRRC) for Public Health Emergency Preparedness.

As the director of one of three such centers in the state, Trockman and his team develop plans for responding to public health emergencies in the area, including preparing for the appearance of new diseases and outbreaks. "We are partners with hospitals, EMS providers, fire, police, county emergency management, mental health providers, the American Red Cross and schools," to name a few, Trockman says. SMRCC encompasses York and Cumberland counties, most of Sagadahoc County, and some towns in Lincoln County as well.

The planning involves coordinating communications between hospitals and healthcare providers, laboratories, emergency management and first responders, and state agencies. SMRRC will also serve as a hub for the Health Alert Network (HAN). "We need to coordinate the training of healthcare providers in emergency preparedness," Trockman says, "so that they are able to recognize potential emergencies and learn what their roles are."

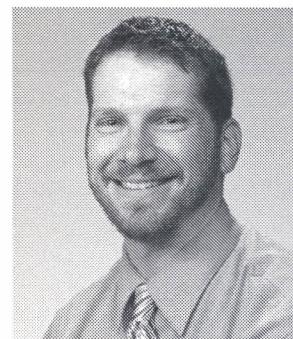
The center is also assessing the needs of its partners with respect to supplies and infrastructure, including personal protective, decontamination, and communications equipment, as well as pharmaceutical supplies.

SMRCC is funded through the Maine Bureau of Health, in response to US Department of Health and Human Services requirements concerning emergency preparedness and bioterrorism. While the Center works closely with Maine Medical Center, it is a separate entity, Trockman emphasizes. Maine Medical Center staff serve as primary advisors for SMRCC - including nurses, doctors, epidemiologists, administrators, and information specialists. "We are working for and with MMC, but we are also a resource to all of Southern Maine."

Trockman says that while the organization's goals are noble, they are facing some challenges as they begin to coordinate the emergency preparedness response system. "We have to be effective and efficient with our resources," he says, because it is unknown how long the government will continue to fund such efforts. "There also has to be a cultural shift where public health and healthcare providers view themselves as responders."

Trockman adds that while his organization and position might be new, great efforts have already been made by local agencies. "We do our best to recognize the planning that's already been done throughout the region and to incorporate their plans."

Trockman holds a bachelor's degree from the University of Wisconsin and a master's degree in public health from Emory University. He has served with the Centers for Disease Control and Prevention, Utah Department of Health, and also worked for the Maine Bureau of Health.



---

## Congratulations to Portland swimmer Ian Crocker and parents Rick and Gail Crocker (Turning Point)!

Ian brings home three Olympic medals from Athens:

A gold in the Men's 4 x 100m Medley Relay

A silver in the Men's 100m Butterfly

A bronze in the Men's 4 x 100m Freestyle Relay



## LIBRARY, FROM PAGE 1

Library. By going to the Library's webpage, users can request literature searches and copies of articles, ask reference questions, search a number of databases, and read the full text of many electronic books and journals."

The MMC Library offers a variety of databases, including Medline, the National Library of Medicine's database of journal articles; the Cumulated Index to Nursing and Allied Health Literature (CINAHL); PsychInfo; Evidence Based Medicine Reviews (EBMR); Natural Medicines Database; and Micromedex, refer-

enced data on drug dosing and other information related to pharmaceuticals.

The Library also hosts the hospital archives, established in 1989. The archives include historical records of the predecessors of MMC - Maine Eye and Ear Infirmary, the Children's Hospital, Maine General Hospital, and Brighton Medical Center, along with medical objects. The archives provide a glimpse into how healthcare evolved over the years and the role the hospital played in the improvement of healthcare.

Helfrich says that the Library of the

Month Award also recognizes a library's outstanding programs and services to the community and, according to Cowen, the impact of the Library at MMC is far-reaching. "We oftentimes see the impact of our work: we see how treatment decisions may be affected by information we provided, or how different tests or drugs may or may not be prescribed."

The MMC Library is located on the fifth floor of the Pavilion Building and is staffed Monday-Friday, 0730 --1700 hours. MMC employees with ID badges can access the Library anytime.



## Employee Benefit News

The Employee Benefits Office is already in the planning stages for the 2005 Annual Enrollment. This year, Annual Enrollment will be from November 1 through November 30, with benefit fairs scheduled at all MMC campuses. Employees will be able to select and modify their benefits on Lawson Self-Service. The Lawson screens will have a whole new look for 2005 and MMC is encouraging all employees to take part in on-line enrollment. More information will follow as details unfold.

### *Tickets for Summer Fun Are Still Available....*

Tickets for Sea Dogs games, Six Flags, Funtown, Splashtown, and Combo passes are available at the Employee Benefits Office, Cashier's window, or HR Reception at MMC, as well as at MMCRI and Brighton Administration Offices. Methods of payment are cash or check made out to "MMC." Prices are \$2.50 for Sea Dogs, Six Flags \$23.00, Funtown \$16, Splashtown \$11.50, or combo pass to Funtown/Splashtown \$20.00

### *New Employee Discounts*

M&M Entertainment Specialties, Disk Jockey for all Occasions, has joined the MMC employee discount

program. When booking for a minimum of four hours, receive a \$50 discount on informal events, or a \$100 discount on formal events. Contact: Mike Mahoney at 797-9289, or go online at [www.wickedgooddj.com](http://www.wickedgooddj.com).

Webber Energy Fuels is on board to offer .15 cent off the cash price of fuel oil, .15 cents off lock in prices. They will also offer \$10.00 off certain service contracts. Contact Marc McNeilly at 27 Main Street, South Portland.

Edward Jones & Co. in Portland and Biddeford is offering a free investment analysis to MMC employees. Contacts are Dave Seddon in Portland, 741-5353, and Jeff St. Laurent in Biddeford, 282-7575. You may also go [www.edwardjones.com/articles](http://www.edwardjones.com/articles) each month to access a new financial focus article written by industry experts.

### *Selecting a Primary Care Physician*

New employees and employees who are becoming benefit-eligible for the first time must select a primary care physician, or PCP, if they choose to enroll in the Anthem Health Partners Plan. The best source for selection of a physician within the Health Partners network is the [anthem.com](http://anthem.com) website. The website reflects the most recent additions and changes to the network.

You may elect to change your primary care physician at any time. Simply contact Anthem at 822-5172 or (800) 622-0797. The only requirement is that you get in touch with Anthem

before you have your first appointment with the new PCP. Generally, contacting Anthem at the end of the month will make your change effective the first day of the following month. There is no need to let the Employee Benefits Office know you have changed primary care physicians.

### *Employee Benefit Forms on Intranet*

A reminder that employees may now access and print off forms such as Combined Services Flex Claim Forms, Application for Change, and Salary Deferral for 403(b) from the intranet. Go to the main page, click on HR/Benefits, then click on the quick link to "Employee Benefit Information". Most of the forms that you will need for employee benefits are now located on the website, as well as summary plan descriptions and underlying plan documents.

### *403(b) Retirement Plan*

New employees and employees who are not-so-new may wish to schedule some time to attend the 403(b) information sessions held monthly in the Dana Center to review plan fund options, details of how the plan works, etc. The next sessions are Tuesday, September 21, 1000-1100 hours, Dana Classroom 7, and Tuesday, October 5, 1300-1400 hours, Dana Classroom 3. Our Lincoln Rep, Jenny Billings, is also available to meet with you individually. You may contact Jenny at 774-1113.



## Organizations need volunteers

The **Cancer Community Center** in South Portland offers *free* programs for adults living with cancer, their families, and friends. The Center is seeking people interested in participating in the "Buddy Program," which matches people who are currently being affected by cancer – as patients, caregivers, or someone who has recently experienced a loss – with a trained Cancer Community Center "Buddy". A "buddy" is someone who has "been there" in a similar situation with his or her own diagnosis, treatment, or loss. The program matches people on a variety of criteria, including diagnosis, treatment experience, family situation, and stage of life.

"Buddies" are available to participants on a weekly basis for a period up to six months to help participants talk through concerns, discuss available resources and information, and perhaps most importantly, provide support and reassurance. "Buddies" do not provide any practical support, transportation, or meals, and they are not necessarily trained therapists, social workers, or case managers. The Cancer Community Center provides training as well as ongoing support.

If you are interested in learning more about the Cancer Community Center's Buddy Program, please contact Jess at (207) 774-2200.

Some things in life can't be avoided.... Crisis is one of those things. All of us know how it feels to encounter hardships, to be in crisis, to need help. That's where **Ingraham** steps in – whenever people need help. Ingraham is always here. We depend on each other as human beings to get through difficulties.

That's where you enter the picture.... You can volunteer on Ingraham's 24-hour crisis hotline, 774-HELP, the gateway to community services. On one end of the line are people crying out for help. On the other end is you - or a caring person like you saying, "Don't hang up.

Don't give up. I will listen. I will help you." You don't need to be a psychologist, social worker, or nurse to volunteer. You need only to be a committed individual who wants to help others in your community. Whoever you are, Ingraham needs your help. Your neighbors need your help.

Learn about volunteering at Ingraham at an Open House on September 14, 1600-1800 hours, 237 Oxford Street, Portland. Ingraham's next crisis intervention training will begin September 23. The curriculum includes information and referral, crisis intervention, mental health topics, suicide intervention and prevention, domestic violence issues, and much more.

For more information, call Jennifer Van Damm at 874-1055 or email

[jennifervandamm@ingraham.org](mailto:jennifervandamm@ingraham.org).

**Hospice of Maine** announces Fall 2004 Direct Service Volunteer Training covering all aspects of volunteer hospice care and end-of-life issues. Successful completion of the training leads to certification and assignment with individuals and families facing terminal illness.

Training consists of ten three-hour sessions on Mondays from 1500 – 1700 hours, beginning September 13 and one Saturday session on November 6 from 0900 – 1200 hours. All sessions will be held at the Hospice office on Ocean Avenue in Portland. A pre-training interview is required. Please call 774-4417 or 800-303-9272 or email [info@hospiceofmaine.org](mailto:info@hospiceofmaine.org) for application material and to schedule an interview.

### The Center for Clinical and Professional Development

*presents*

#### **Food / Drug / Herbal Interactions: Implications for Practice in an Acute Care Setting**

**Monday, September 13, 0800-1100 hours**

An interdisciplinary team planned this conference for healthcare providers including nurses, physicians, nutritionists, pharmacists, and others, with the following objectives.

1. Review the trends, patterns and prevalence of alternative medicine use including herbs and dietary supplements in the US
2. Assess potential risk and benefit when advising patients in order to provide the highest quality of care
3. Provide information about the actions and interactions of several of the most popularly used integrative medicines
4. List commonly used culinary herbs and their therapeutic effects
5. Identify resources available to assist with education and counseling of patients who utilize herbal supplements

Speakers include Craig Schneider, MD, Lisa Wendler, PharmD, Karen Schilling, MS, RD, and Renee Fortin-Shoemaker BS, RN.

For more information or to register, email Paulette Walker at [wakep@mmc.org](mailto:wakep@mmc.org) or call 662-2397. 3.2 contact hours will be awarded.



# Portland welcomes you!

We want to help you make an easy transition to apartment living in Portland...

Ask your prospective landlord about the Portland Chamber of Commerce Security Deposit Guarantee Program

## What is it?

This program allows eligible applicants the opportunity to pay their security deposits over 10 months.

## Who is eligible?

Employees of Maine Medical Center, Mercy Hospital, and the City of Portland

- Who meet income qualifications (see guidelines)
- Whose prospective landlord participates in the City of Portland's Chamber of Commerce Security Deposit Guarantee Pilot Program

## How does it work?

All you have to do is:

- Make rental arrangements with a participating landlord (see list)
- Sign the tri-party agreement, along with your prospective landlord
- Make your security deposit of up to \$1,000 in 10 equal monthly installments, along with your rent payments

## For more information:

- Contact Human Resources, 662-2107

Sponsored by the Portland Chamber of Commerce in partnership with the Maine Medical Center, Mercy Hospital, and City of Portland

## Participating Properties

### Cloutier Toothaker Properties (225 units)

200 High Street  
Portland, Maine 04101  
207-774-5358

### East End Corp (134 units)

207-879-6081

### Port Property Management (454 units)

104 Grant Street  
Portland, Maine 04101  
207-761-0832 x 1150

### Princeton Properties (477 units)

1375 Forest Avenue  
Portland, Maine 04103  
www.princetonproperties.com  
207-773-RENT  
207-878-8818  
Forest Park Apartments  
Princeton Village Apartments  
Princeton Pines Apartments  
Princeton Ridge Townhouses

Eligibility Guidelines	
Household size	Income
1	32,750
2	37,450
3	42,100
4	46,800
5	50,550
6	54,300
7	58,050
8	61,800

# Outreach Education Council

Presents

Clinical Update 2004

Fighting Sepsis & The Complications of Acute/Critical Illness

Featuring

Maureen A. Harvey, RN, MPH,  
CCRN, FCCM

**Friday, September 24**

**0800 to 1600 hours**

Ms. Harvey is recognized as a leading national/international expert and consultant in critical care practice. She is a fellow in the American College of Critical Care Medicine, sits on the Governing Board of the Society of Critical Care Medicine, serving as president in 2002, and is President of Consultants in Critical Care, Lake Tahoe, Nevada.

The program will target nurses, physicians, and other professionals in acute and critical care settings and include the following topics:

- High performance critical and acute care teams
- The "Surviving Sepsis Campaign"
- Early recognition and treatment of sepsis
- Preventing complications of critical illness
- Supportive care priorities in critical/acute illness
- Improving the acute/critical care experience: Measures for patients/families and the environment

For details/brochure, call 871-2290 or e-mail [bowdoa@mmc.org](mailto:bowdoa@mmc.org)

Complete brochure may be accessed at [www.mmc.org](http://www.mmc.org)

## FELLOWSHIP, FROM PAGE 1

as MMC's first geriatrics fellow. Dr. Marino graduated from Boston University School of Medicine in 2001. He completed his Family Practice Residency training here at MMC.

Applications are being accepted now for two fellowship positions beginning July 1, 2005. A Bingham Foundation grant supported development of the fellowship curriculum.



# Marketplace

So that everyone has an opportunity to use the Marketplace, ads may be placed *once*. Repeats will be permitted only as space permits.

## FOR SALE

Full size Scott Chow violin. Call 846-9216.

Kenmore elec range, 18 YO, works well. Great for camp or rental prop. Call 892-9885.

Magellan 315 handheld, GPS. Like new, \$100. 2 Thule roof top bike carriers, \$25/\$75. Contact [Worthb@mmc.org](mailto:Worthb@mmc.org). New white K buffet w/ cupboards & 2 wire racks for fruits & veggies, paid \$350, will sell for \$150. White microwave stand, great cond, \$35. Call 929-8721.

Air cond, works great, \$50, a bit heavy. White marble sink and countertop, \$20. Honeywell air purifier used once, extra filter, \$50. Call 856-2745 or [bragdl@mmc.org](mailto:bragdl@mmc.org).

Platinum band w/ 5 emerald cut diamonds, 1.15ctw. Valued at \$5,295. Sell for \$3,670 or BO. Call 799-9069.

Maytag washer/dryer. Exc cond. \$300. Not sold separately. Call 775-1292.

King-size tropical hdwd bedframe, incl headboard, footboard, slats. Maple. Exc cond, 10 mo old. Orig. price \$678, selling for \$399. Moving, must sell! Call 775-1292.

Thule rack system for 2 kayaks and 2 bikes. Decent cond, \$100. Email [ticklefishfarm@aol.com](mailto:ticklefishfarm@aol.com).

Portland/Deering, 29 Hale St. Updated 4BR, modern BAs, hdwd, fplc, 2 car garage. \$304,900. Call 774-6325.

Split level, Lewiston. 3 BR, 1 + BA, 2 woodstoves, 1 car garage. Lg fenced lot, dead-end. Nice area near many schools. \$141,900. Call 761-1700.

Mere Pt, Brunswick. Middle Bay, 100' water frtg, 2 deep water moorings. House: 3 BR, 2 BA, lofts, K, DR, LR. Cottage: 1 BR, BA, K, LR/DR. \$660,000. Call 781-2089.

Gorham. Sunny cape, quiet, dead end st. 3+ BR, easy commute to Ptd. \$259,900. Call 839-8747 or 871-3847.

1998 Mitsubishi, 3000 GT/SL. White. Loaded, sunroof, ADR tension rims. Great cond. Value \$15,500, asking \$12,500. Call 871-6571 or cell 212-1275.

1990 Ford Taurus, LX sedan. V6 engine, 100K mi, new front tires. Some rust, needs tie-rods. One owner, runs great. \$1,000. Call 799-4262.

1998 Plymouth Neon. Red, great cond, runs well. 74K mi. \$4,500. Email [mcmulz@mmc.org](mailto:mcmulz@mmc.org) or call 662-3294.

1992 Volvo 740 Wagon. Auto, 157K mi. \$1,600. Call 767-8014.

Searay 16ft power boat, bow rider, 130hp, inboard/outboard, lots of extras. \$4,750. Call 666-3846.

1993 Acura Integra, LS Coupe. Grey, sunroof, 5 spd. CD, no rust, 140K mi. New clutch, exhaust, battery. Clean, NS. \$3,750. Call 839-5855 or [wheatleyp@springharbor.org](mailto:wheatleyp@springharbor.org).

1999 Jeep Cherokee Limited Sport Utility, 4dr, lots of extras. Mint cond, one owner. Call 228-6999.

2002 Ford Focus Wagon SE, loaded, 26K mi, exc cond. \$10,700. Call 883-3521.

1993 Viking Spirit, SP235 pop up camper. Sleeps 6. Good cond. Awning, propane stove, ice box. \$2,000. Call 799-7808.

1977 Seidelman sloop, 25', fast cruiser. Fin keel, kevlar main, 150 genoa, 8HP OB. Sleeps 4. \$2,000. Call 766-2157.

2003 H-D Dyna Super Glide (FXD), black. Screamin' Eagle exhaust system upgrade, extras. Svc plan till 5/17/09. Exc cond! 5,900 mi. \$15,000 or BO. Call 650-2201 or 829-8074.

1992 VW Cabriolet. 140K mi, new fuel pump, brakes & tires. Needs new top. \$3,000 or BO Call 799-6956.

2001 pop-up camper. Coleman MESA, mint cond, sleeps up to 9. \$6,500. Call 284-0874.

2002 Toyota Tundra 4x4, SR5 package, extras. 56K mi. \$19,000. Call 283-1834.

1997 Honda Accord LX. 4 dr, 94K mi. 1 owner, exc cond. Michelin tires, multi disc, CD chngt. \$6,296. Call 662-5743.

## FOR RENT

Westbrook, 2-3 BR house. 2 BA, eat-in K, lg LR, hdwd, updates. Garage, W/D, yard, family area. \$1,300/mo + utils & yard upkeep. NS, pets negot. Call 233-4185.

West End. 2BR, 1 + BA, 2 fplc, sunny, hdwd. W/D, pkg, \$1,250/mo, incl utils. Avail 9/15. Call 865-3292.

SPtld, 3BR Dutch Colonial. New K, BA, furnace, windows. Fplc, fenced yard, family area. Near schools & MMC. \$1,300/mo + utils, ref, sec dep. NP, NS. Call 772-2593.

Raymond, mobile home. 2BR, 2BA, country setting. NS, NP. 1st mo/sec. Refs req. \$850/mo+ utils. Call 655-4284.

Scarboro/Dunstan. 2BR duplex, quiet, marsh views. NS, no dogs. \$900/mo + utils. Refs. Call 885-8674 or 883-9218.

Aruba timeshare rental. Full service resort, many amenities. Sat 4/23- Sat 4/30, studio. \$500. Call 883-7117

2 BR townhouse/condo. 139 Broadway, SPtld. Furn, TV/DVD, dishwasher, W/D. Near Willard Beach. N/S, N/P. Avail 9/1-5/31, ref req. \$925 + utils. Call 799-4874

West End, Taylor St. Lg, sunny, quiet, 2 BR. LR, DR, study, parlor w/fplc, hdwd, K, pantry, tiled BA. Pkg, laundry, owner in bldg. \$1,250/mo + utils. NS, NP. Call 807-0506.

Renovated 2 BR, 2 1/2 BA, furn home w/W/D. 600' from ocean & Saco River. \$1,100/mo incl local phone, cable. 9/7-5/31. Call 772-234-4907 or [zomad@bellsouth.net](mailto:zomad@bellsouth.net).

Lg sunny 3BR on Stevens Ave. New BA, K, appliances, yard, laundry. NS, NP. Avail 9/1. \$1,250/mo + utils. Call 617-834-5003.

3 BR in refurbished Victorian. Hdwd, stained glass, tin ceilings, porch, yard & storage. Pkg & pets. Near USM, MMC. \$1,100/mo. Call 874-4979. Avail 9/1.

2 BR Victorian w/common rm. Some furn, TV/VCR, skylights, balcony, hdwd, refurbished. Rent flexible, by wk or mo. Incl utils & possible pkg. Call 775-0503. Avail 9/1.

West End, 24 Orange St. Lg 3 BR, great space; hdwd, claw foot tub, owner in building. NP, NS. \$1,100/mth + utils, sec dep. Call 772-8979.

Yarmouth Village. 3 BR, 2BA, W/D, nice yard, garage. NS. \$2,000/mo+ utils. Sec dep, refs. Call 846-4771.

142 Sherman St, unit #3. New owner. Heated 2 BR w/new K, skylights in LR, 2 blocks to MMC & pkg. Available 10/1. \$930/mo + utils. Call 885-5319 or 632-1444.

142 Sherman St, unit #2. New owner. Heated 3 BR w/new K, 2 blocks to MMC, pkg, W/D hook-up. Avail 9/1. \$1,050/mo + utils. Call 885-5319 or 632-1444.

Short-term, 9/1 - 12/31. 2 BR cape, S. Ptd. near parks, beaches, downtown Ptd. NS, NP, W/D avail, lg yard. \$850/mo + utils and 1 mo deposit. Call 865-9457.

Cape Eliz. 4/5 BR, 4BA furn home w/ beach access & views. Yard, deck. 8/29-5/31/05. \$2,300/mo + heat. Call 799-1367 or 807-7095 or [raperry@maine.rr.com](mailto:raperry@maine.rr.com)

Carleton St/West End. Spacious 1st floor, 2 BR flat. Quiet Victorian w/ bay windows, fplc in LR. NS, NP. \$1,350/mo incl utils & storage. Sec dep. Call 415-6521.

Like new, efficient 2 BR duplex. New W/D, pkg, NS, NP. \$900/mo + 1mo sec dep. No utils incl. Call 729-6000.

Winter on the beach! 2 BR units avail. Sept-June, \$800-\$1,000/mo, heat incl. Call 781-2453.

2-3 BR house. Jan-Feb to July 1, 2005. 15 min to MMC. Furn with piano, fplc, basement, gardens, decks. Low heat cost. \$1,100/mo + utils. Call 878-9910.

Sunny 2 BR, 1st floor apt in a nice area. W/D hookup, pkg, garage. \$850/mo+ utils. Call 773-1180.

2 BR, 1st floor apt. near law school. Priv 2-unit bldg. First/last/sec. \$965/mo + utils. No cats. Call 885-5862.

23 William St (duplex): 1st flr, 2 BR, LR, DR, K, pantry, BA, yard. Walk to USM, schools, bus line, laundromat, Baxter Blvd. \$950/mo (heat, elec not incl). Sec dep, refs. Avail 9/1. 1 yr lease. Call 761-6627 after 6pm or W/E after 10am.

Duplex, 10 min to Brighton. 2 BR, K, DR, LR, office, BA. Hdwd, W/D hookup. Pkg, garage. Conv area, 2 bus lines. NP, NS. Avail. 9/1. \$950/mo + utils. Call 781-3850.

Back Cove/Payson Park area: 2 BR, Lg K, LR, DR, & BA,

The deadline for the next newsletter is the first Wednesday of the month. To submit an item, sent it by interoffice mail to the Public Information Department, by fax to 662-4094, or by e-mail to [marketplace@mmc.org](mailto:marketplace@mmc.org).

## Look for Marketplace on the Intranet under Quick Links.

hdwd, yard, priv entrance & pkg. Avail now. \$750/mo + utils. Call 856-6142.

Seasonal, Sept-June. 2 BR house at Ferry Beach, Saco. Steps to ocean. \$1,000/mo incl. utils. Lg deck, driveway, yard & gardens. NP. Call 423-2850.

Winter on Peaks Island. Cozy 2 BR, ocean view, 10 min to ferry. \$700/mo + utils & dep. Call 766-5130 or 937-2173. Avail 10/1-5/31.

Avail 9/17. 2nd floor, 2 BR, yard, pkg. Convenient Ptd location. \$925/mo. Call 799-0354.

1st floor, 2 BR, yard, pkg, porch, great area, convenient Ptd location. Avail 9/1. \$1,100/mo. Call 799-0354.

Little Sebago, lakefront. 30 min to MMC. 1 BR, furn. W/D, Monitor heater, cable. 9/12 to 5/31. \$650/mo + utils. NP, NS. Refs. Call 428-3828 or [gdravesme@AOL.com](mailto:gdravesme@AOL.com).

Sunday River condo. Slopeside studio, sleeps 4. Deck, TV/cable, ski locker, pool, common rm, pay laundry. Sunday pm thru Friday am except school vac. 11/04-4/05. NS, NP. Call 539-4752 or [petercip@usadatanet.net](mailto:petercip@usadatanet.net).

2 BR furn in West End Victorian. Galley K, BA, balcony, all utils incl. \$650/mo ea for 2 tenants; \$800/mo for one. Avail now. Call 775 0503.

Gorham: Lg furn 2BR, 1st floor w/ 1car garage. Country setting 1/2 mile to town. Priv deck & yard. \$1200/mo + sec dep, refs. Call 233-0023.

Sugarloaf Snowbrook Vill. Sleeps 8. BA, Jacuzzi. On pond next to chair lift. Pool house, hot tubs, ski tuning room. \$12,000 + for Season. Sec dep & refs. Call 233-0023.

New 2 BR condo. Hdwd, priv garage. Meeting House Hill, SPtld. 10 min to MMC. NS, NP. Avail. 9/1. \$1,200/mo. Call 838-3374.

East Deering. 2+ BR, clean, quiet, storage, \$950/mo incl water. Sec dep. Call 797-6195.

Biddeford: 1st floor, 2 BR, new appliances, lg K & LR. W/D hook-up. Pkg. NS, NP. \$850/mo heated. Call 283-9286.

Cape Eliz. 1 BR, 3rd floor, sunny, walk to beaches. Single occ. only. \$695/mo + utils. Call 767-0076.

Avail 9/04. Deering Ctr. 3 BR, sunroom, yard, W/D, hdwd, semi-furn or unfurn. \$1,350/mo + utils. Call 775-7752.

S. Portland home. 2 BR, priv BA. Incl utils. NS. Avail now. \$400/mo. Call 767-3606 or 885-7727.

Portland, Deering Ctr. 4-5 BR, 2.5 BA, hdwd, granite/cherry K, W/D hookup. \$1,950/mo + utils. Call 878-8904 or 939-1110.

Higgins Beach. 4 BR, 1 BA house, furn, clean. Near beach, views. 1-2 adults. NP, NS. \$900/mo + utils. Sept - May or mid June. Sec dep. Call 603-356-6303.

Aruba timeshare avail 5/14-5/21/05. 1 BR, DR, K, sleeps 4. Poolside. \$550. Call 883-5821 after 5:00.

Lg 1BR, high ceilings, hdwd, new K w/ DW, deck. Pkg. Avon St. \$895/mo heat incl. Call 871-1364.

continued on back page



## What's Happening?

at Maine Medical Center

- Sept. 6** Labor Day
- Sept. 6** Nursing Research Conference, abstracts due. Submit to [drewd@mmc.org](mailto:drewd@mmc.org).
- Sept. 8** SCM Open Forum Workflow meeting, 1100 hrs, Dana 2.
- Sept. 13** Food/Drug/Herbal Interactions: Implications for Practice in an Acute Care Setting, 0800-1100 hrs. Call 662-2397.  
*See p.5.*
- Sept. 16** Rosh Hashanah begins.
- Sept. 17** Rosh Hashanah ends.
- Sept. 17** Ethics at the Center, 0800-1630 hrs. Call 662-2397.
- Sept. 23** Farewell coffee for Carl Bredenberg, MD, 1000-1100 hrs., Dana Lobby.
- Sept. 24** Critical Care Symposium, 0800-1600 hrs. Call 662-2290.  
*See p.6.*
- Sept. 25** Yom Kippur.
- Sept. 30** Mindfulness-based Stress Reduction, through Nov. 18, Family Practice Center. Call 662-7402.  
*See p.2.*
- Oct. 4** Nursing Research Conference, Dana Center.
- Oct. 11** Columbus Day.
- Oct. 27** Spirituality & Health: The Forgotten Dimension, Dana Auditorium, 0800-1200 hrs. Call 662-2951.  
*See p.2.*
- Jan. 3** Research Forum 2005, abstracts due. Call 662-7049.

## Thank you notes

Hello, my name is Joe and I had a kidney transplant in July. I would like to thank everyone involved with my stay at MMC, such as Kitchen, Admitting, CSD, and especially OR/PACU and R5, plus all the Renal staff who were involved.

I can't thank you all enough.

*From Janet Beecher, Employee Health:*

Thank you to all who congratulated my 17 year old son Page on winning the Peaks to Portland Swim. We're so proud and pleased, and appreciate all the calls and messages from MMC staff.

*The MaineHealth® Family*

## Shining On

The "Shining Lights" employee team continues to hear about staff whose heartwarming and inspirational actions provide not just the clinical care our patients expect, but the compassion and dignity they need.

Do you have a similar story to share? Please send it to Tracy Armitage at [armitt@mmc.org](mailto:armitt@mmc.org). You can view all of the Shining Lights stories on the intranet.

Julie Scott, the pulmonary secretary, took a phone self referral for asthma education. I called the patient back, worked out the referral with her PCP, and saw the patient when she came for her visit. She chatted with Julie when she arrived, and learned that she had limited resources and wished for an air conditioner. Julie reviewed the 'Loon Fund' (pool of money



that pulmonary staff voluntarily contribute to weekly) guidelines, identified that we had a surplus of funds, and wrote to all members requesting we help out a patient in need.

She did not breach confidentiality; she stated the person was here for asthma education. The request was approved, and Julie and the patient went to Walmart and bought the air conditioner. Julie, the patient, and I installed it.

I wanted to share this goodwill story; we are so lucky to be working with wonderful people!

— Rhonda Vosmus

### MARKETPLACE cont.

N Deering. Dead end st, near schools, stores, bus line. Cape Cod, 3 BR, 1.5 BA, LR, K, DR, hdwd. Oil heat, yard. \$1,500/mo + sec dep & utils. NP, NS. Avail 9/1. Call pm 892-2130 or am 871-2328.

Weekends in Rangeley. 2 BR cabin, sleeps 6, waterfront, fly fishing only. No motors. Fall wknds avail. \$150. Email [ticklefishfarm@aol.com](mailto:ticklefishfarm@aol.com).

Weekends Downeast. 4 BR farmhouse, tidal frontage, 12 acres. Aug-Sept. \$250. Email [ticklefishfarm@aol.com](mailto:ticklefishfarm@aol.com).

Cape Eliz. Cozy 2 BR on quiet street. Yard, hdwd, new K floors. Basement with W/D in laundry room. Avail 7/1. \$1,250/mo, sec dep & refs. NP. Call 284-6604 after 5PM.

Falmouth, 9/1. Lg 1 BR, LR, DR, K, BA. Priv entrance, wooded, 7 min to town. NP/NS \$895/mo incl utils & cable. Call 781-2757.

Cumberland Foreside. 1 BR, woodstove, fplc, office, garage. Attached to home. Furn \$1,000/mo or unfurn \$900/mo. Utils incl. Call 781-5677 or 233-4740.

W Falmouth. 2BR, yard, pine floors, W/D hook up. \$1,000/mo heat & lights incl. Call 797-5789 leave msg, or e-mail [remnants@maine.rr.com](mailto:remnants@maine.rr.com).

### ROOMMATE WANTED

2 rooms, BA & K priv. Elec, heat, water, W/D, pkg. NS, NP. Near Ptltd, USM campus. \$500/mo. Call 772-7138.

M/F to share condo w/prof NS F, S. Ptltd. 2BR 1BA, views. DW, W/D, yard, pkg. Near SMCC, beach, parks, shopping, theatre. Near Ptltd. \$550/mo + 1/2 utils, sec dep. Avail 9/1. Call 233-5307.

2 21 YO resp F seek NS F. Roomy, relaxed, quiet, secure bldg, pool access. \$400/mo incl, internet, elec, pkg, h/hw. Call 318-3990.

103 Neal St. Sm BR, pkg, K, laundry. Quiet, walk to MMC, NP, NS. \$450/mo (negot). Incl utils. Call 772-2991.

Broadway, SPtltd. 3 BR avail. Remodeled lg K, den, LR, DR, yard, deck, pkg, priv road. 10 min to MMC. \$400/mo +utils (about \$100/mo.). Call 749-3198 or [gleasi@mmc.org](mailto:gleasi@mmc.org).

### CHILD CARE

Infant thru toddler. CPR cert, flex hours, Westbrook. Call 854-0058.

Nannycare- one opening for infant/toddler in my home. Loving, experienced caregiver. Call 883-5627.

### FREE

2 yr old money cat, black w/ white, yellow leg. Indoor cat, fixed, calm and cuddly. Wants a fun-loving family. Email [dirrik@mmc.org](mailto:dirrik@mmc.org) or call 856-2639.

### SERVICES

B&W pen & ink drawings. Homes, pets, personal portraits. Call 846-9216.

Masonry/hardscapes. Attn to detail. Walks, patios, chimneys, fireplaces, restoration, stonewalls. Free est. 15+ yrs exp. Refs avail. Call 773-4393.

Cleaning, top to bottom. Refs avail. Reasonable rates. Call 874-9398 or 232-4850.

### WANTED

Tennis partner for lessons, practice at Racquet & Fitness Club. Just learning. Discount for MMC. Call 854-8388 or e-mail [beadlady82001@yahoo.com](mailto:beadlady82001@yahoo.com).

Seeking elder care in Westbrook in exchange for rent. Priv bed & bath. Call 693-6358 or 802-479-1759..

*What's Happening?* is published the third week of the month at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 871-2196. Editor: Wayne L. Clark.